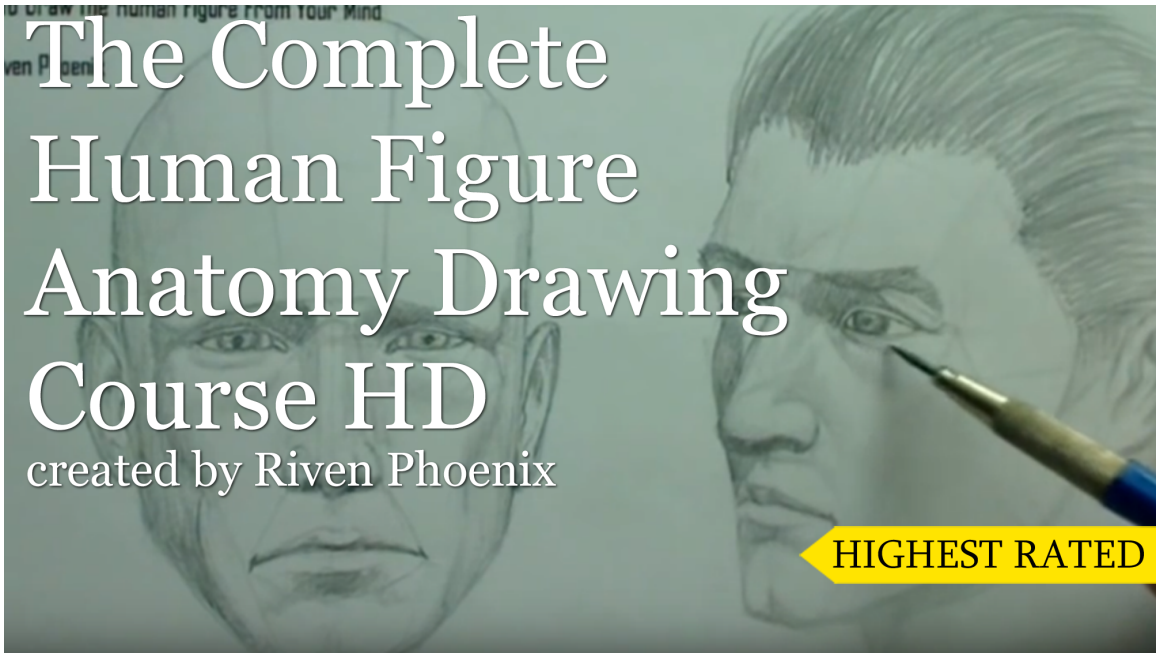

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 181 - The Muscles of the Foot - Part 3

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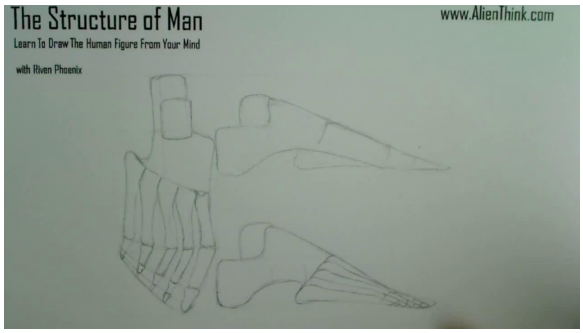
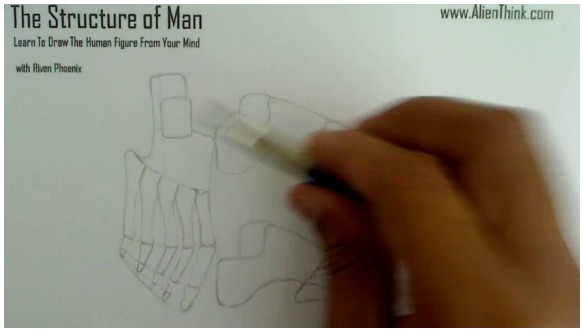
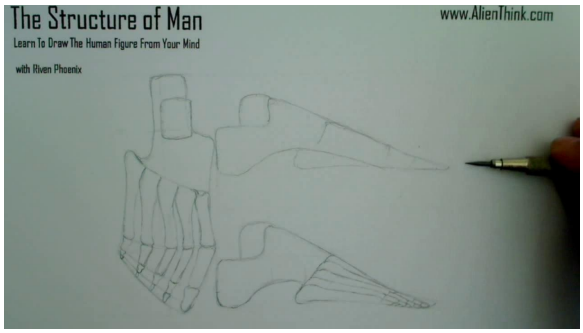
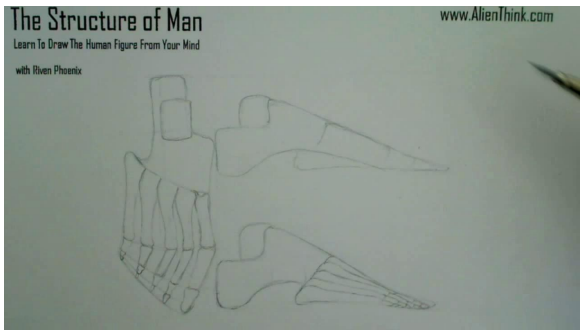
1		Hey guys, my name is Riven Phoenix and welcome to the structure of man learn to draw the human figure from your mind training course.
2		Okay, so now in the previous lesson we had just drawn on the bone structure for the foot.
3		So in this one we actually need to also add the bottom.
4		So here we should be able to actually fit this one in.

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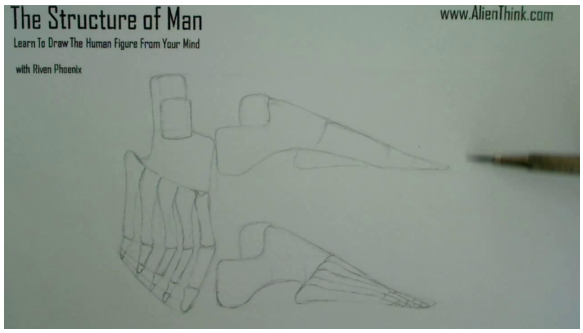
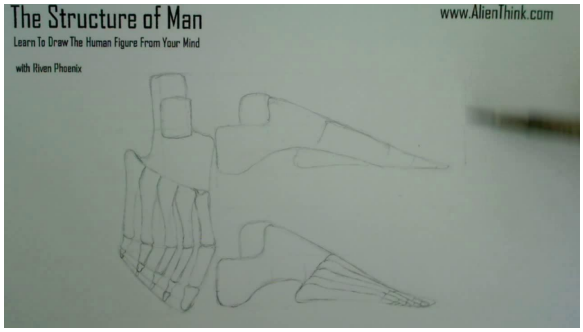
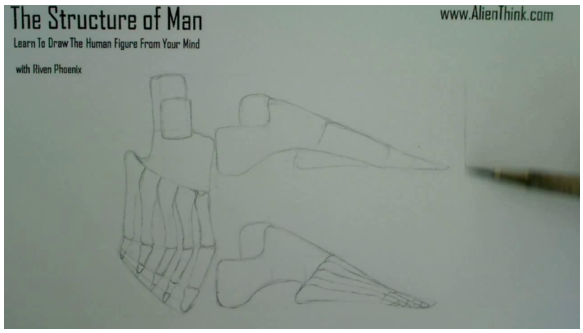
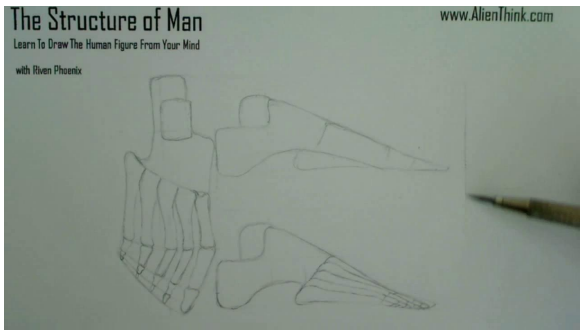
5		So this is going to be very simple.
6		First we need to just draw this out.
7		Right, so we're just going to do the same thing that we did here.
8		We're just going to say that that's the bottom on this side over here.

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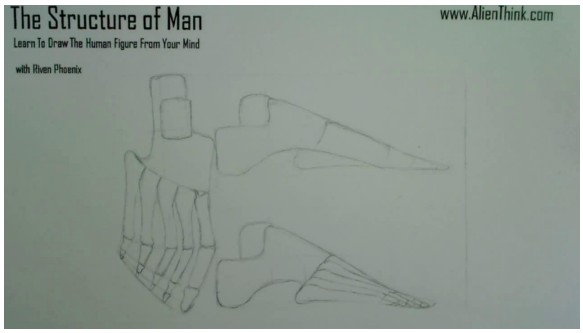
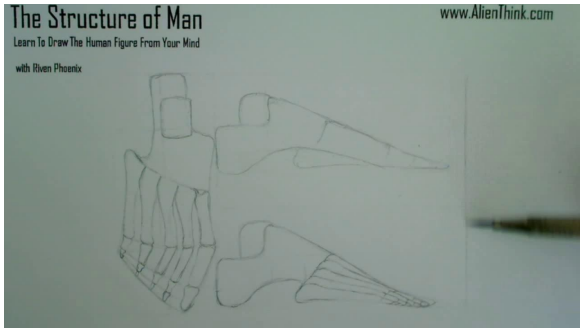
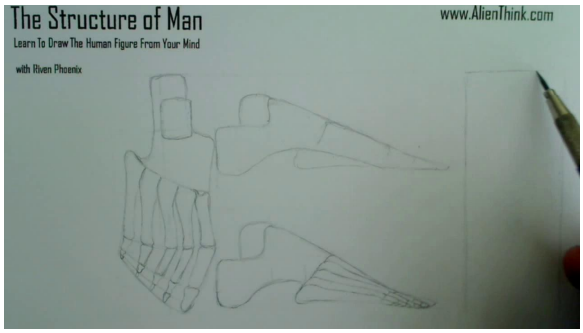
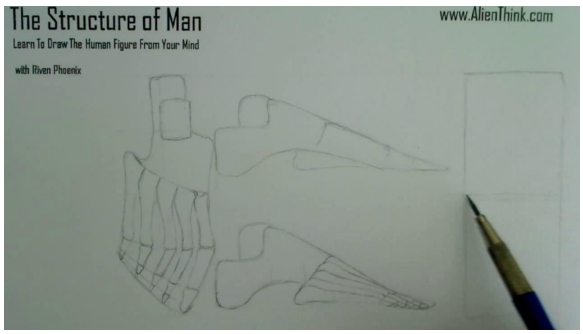
9		Right, so I'm just going to measure this twice over here just to make sure that we got everything correctly down over here.
10		Right, so in this process that we're going to go through we're actually going to talk about one more muscle that's part of the leg that we that we haven't talked about.
11		And we just left that out because we just want to again, we're using a memory mapping system and we're going to link that muscle with the muscles of the foot here.
12		I'm going to actually divide this in half over here like this.

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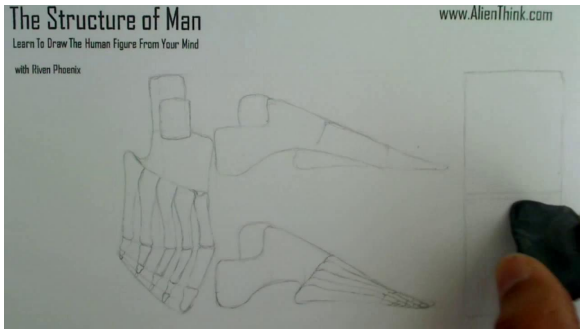
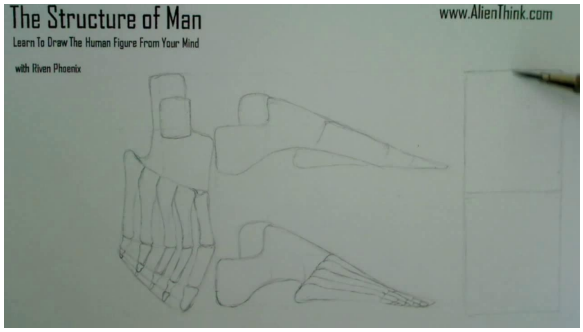
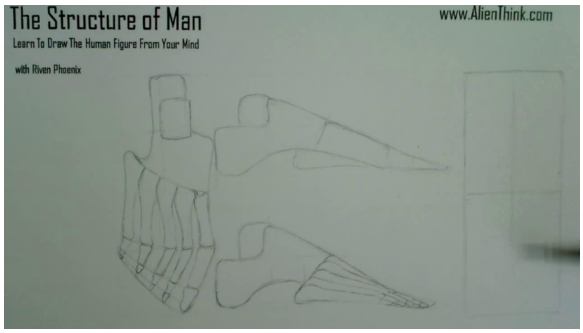
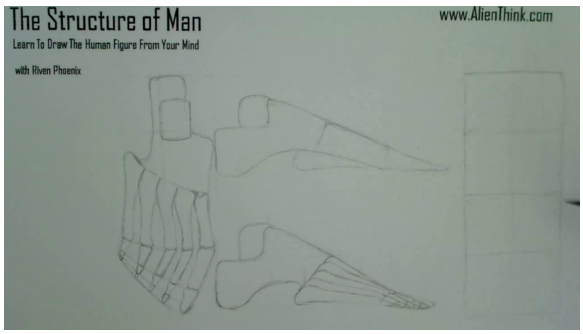
13		Okay, so here we just have to do what we've been doing.
14		This is going to be very simple.
15		Again, just draw this out like this and then draw this one out like this over here.
16		Right.

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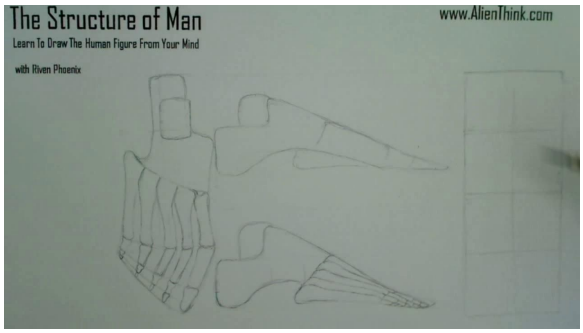
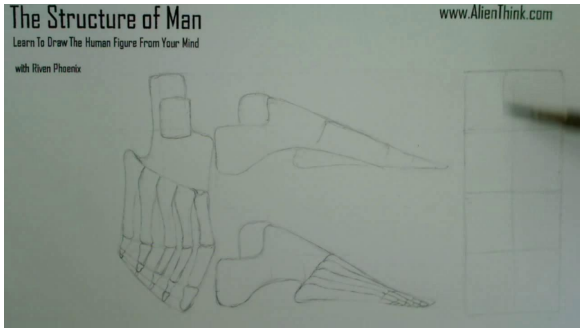
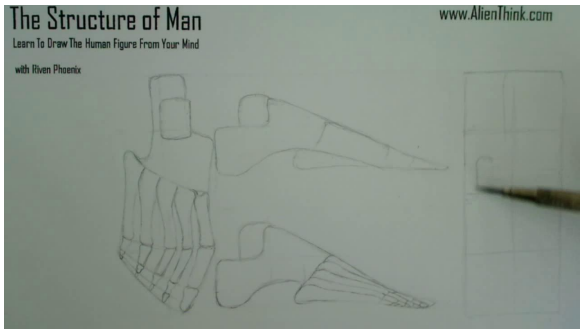
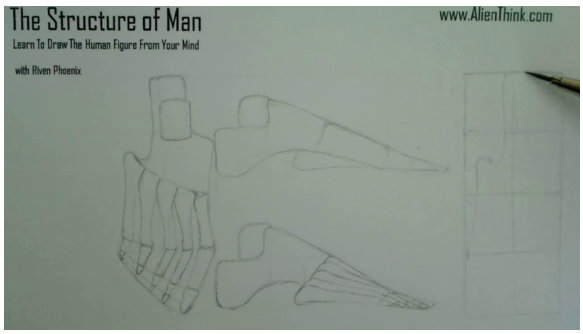
17		Okay, so over here I'm going to draw the same exact foot.
18		We're just going to say that this one is going to be coming from below.
19		Right, so over here we know that right we're just going to get this over here like this.
20		And he's just going to be like this over here and he's going to curve out like this over here.

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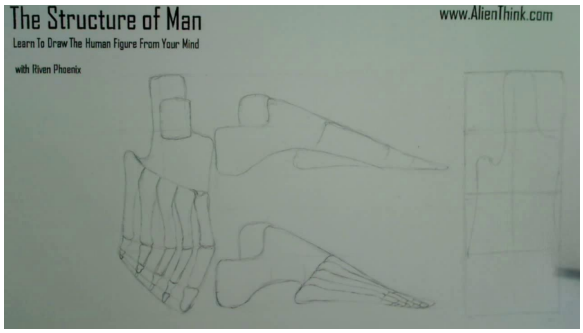
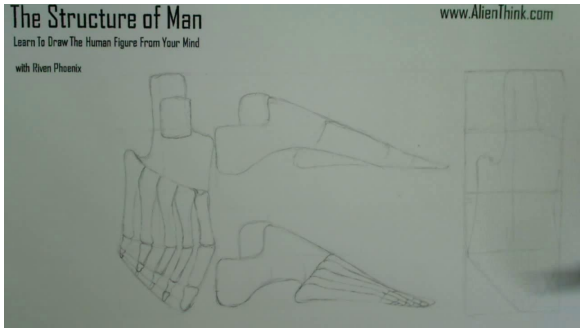
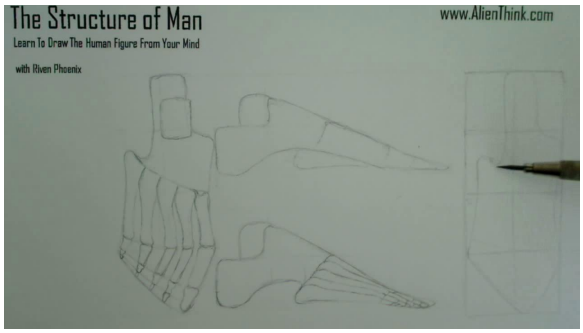
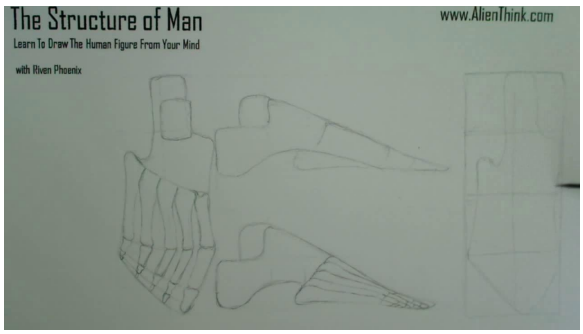
21		And I'm just going to get this foot like this over here.
22		Right, same exact concept.
23		No difference.
24		Just note that this is on the bottom.

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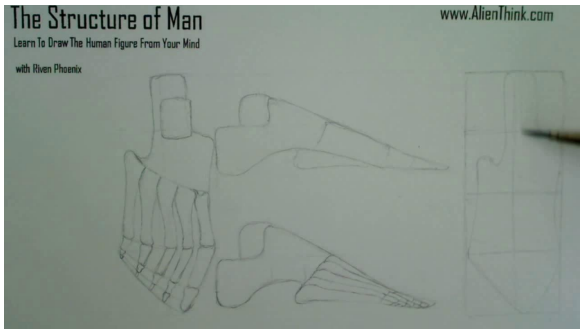
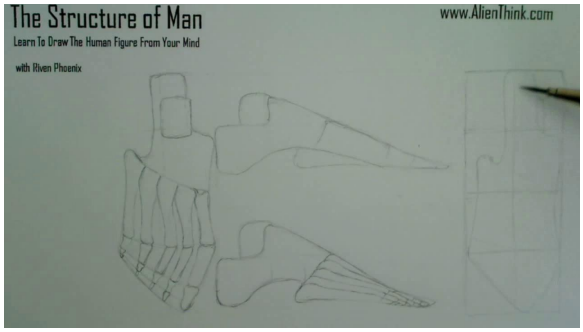
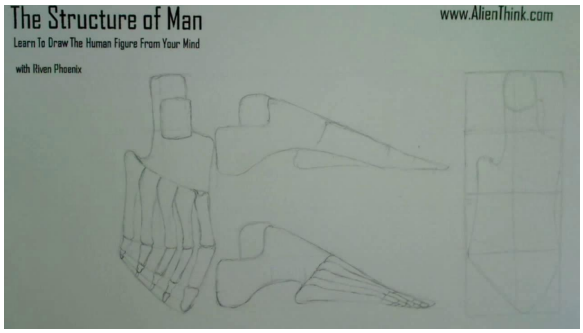
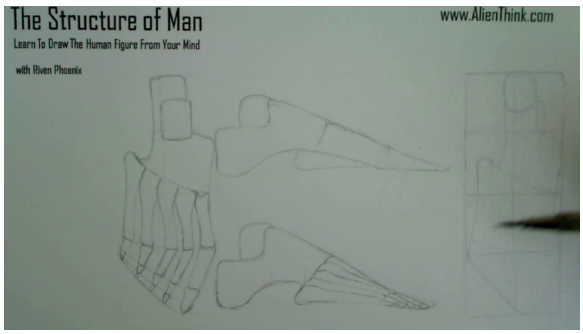
25		So here we'll just draw this on the top.
26		Right, so it means that we're going to get now the heel over here just like this.
27		Okay, and for this we can just simply draw out the bones again over here.
28		Right, so this is that line.

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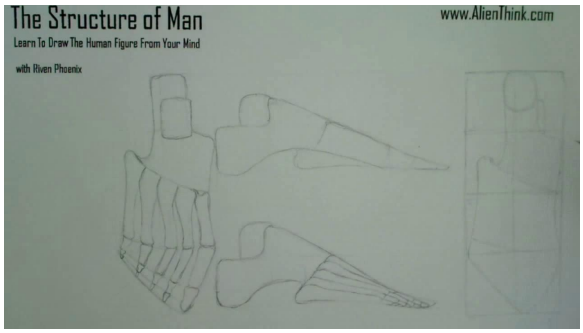
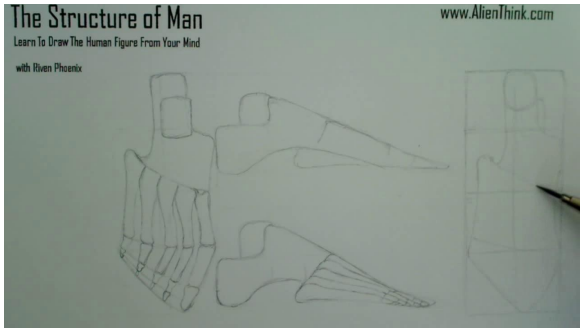
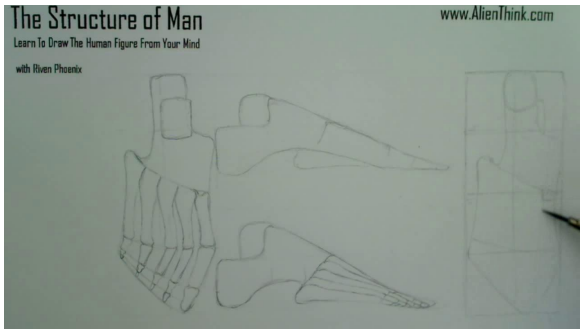
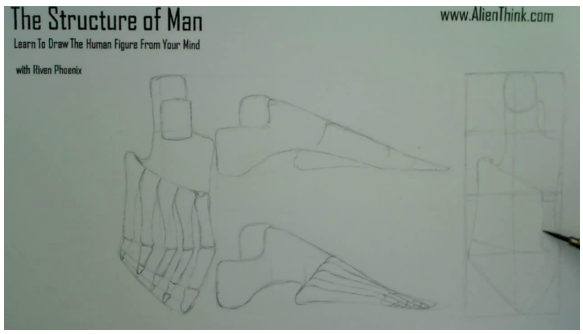
29		So this is going to be very simple.
30		We know that for the for the toe we're going to get like this cut in here.
31		Right, so we know that right, it's just going to be like this over here.
32		And again, we can modify these ideas as we move along in this course.

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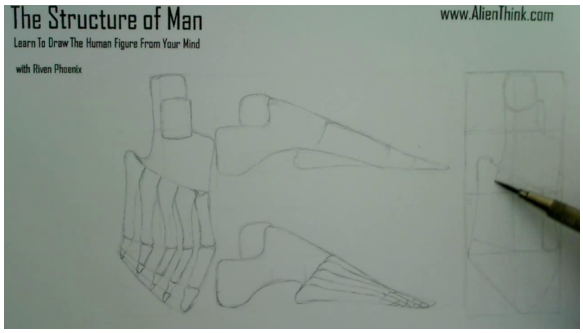
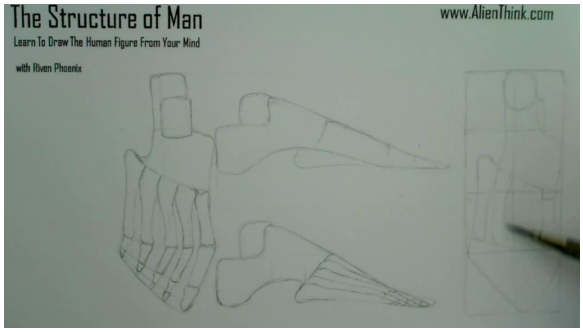
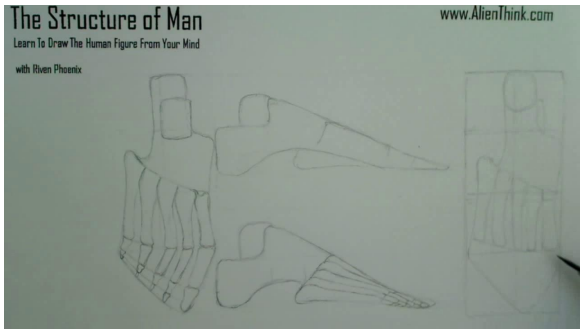
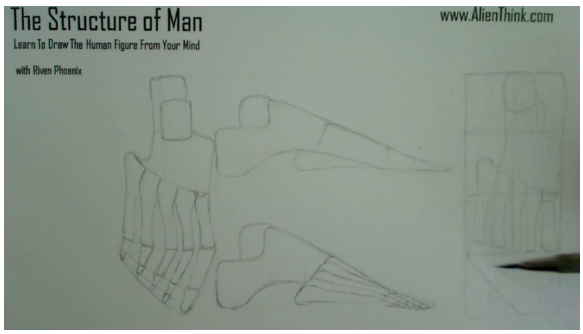
33		And here I'm just going to do the same exact thing over here.
34		Just put the basic concept of the bone structures down first over here like this.
35		Right, and then over here we know that okay, well, just assume that over here you're going to get like this arc over here.
36		And then just divide it a little more.

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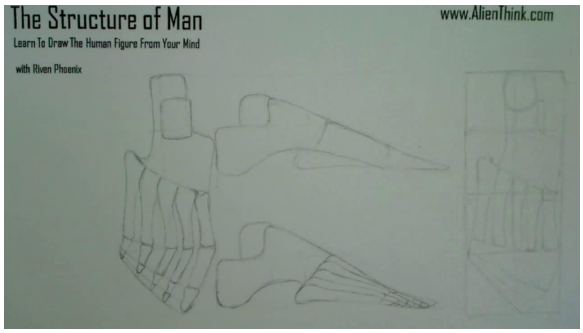
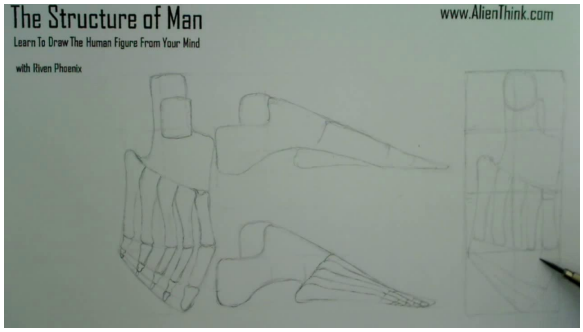
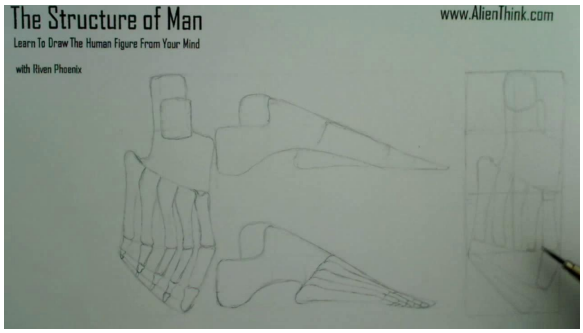
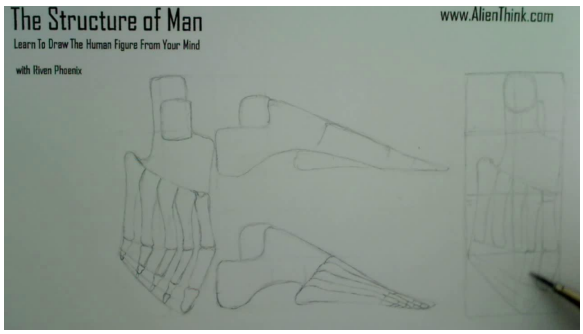
37		Right, and then over here.
38		Now again, this is just a template foot that we're doing.
39		And you can do your, you can do different versions of it.
40		Obviously as long as we understand the basic concept behind it.

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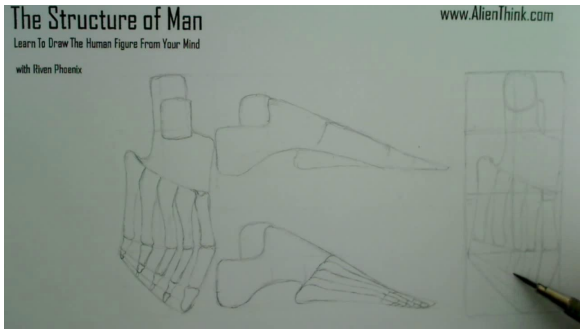
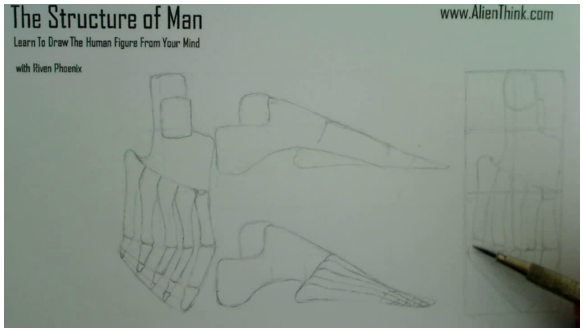
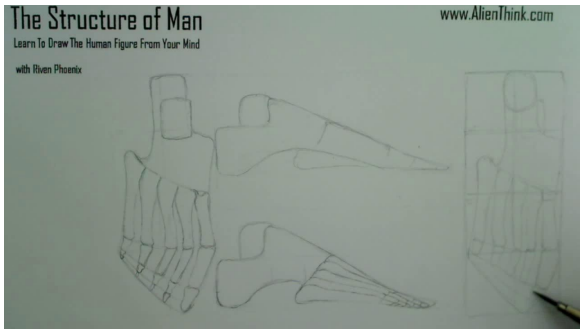
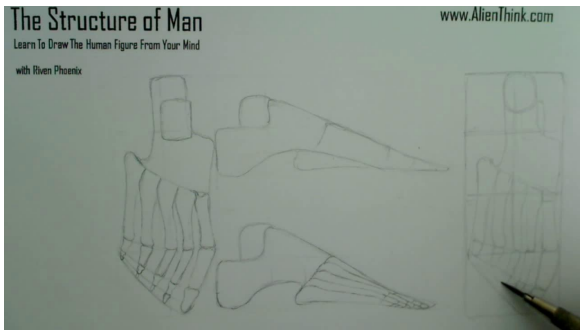
41		So here after we've laid this down, I want to talk about one muscle that we haven't talked about in the leg.
42		It's going to be a tiny little muscle and we're going to call that muscle number 12.
43		And basically that's going to be the guy that's going to remind us how what then we how to understand the muscles of the foot.
44		Okay, so here I'm just going to do all these guys like this over here.

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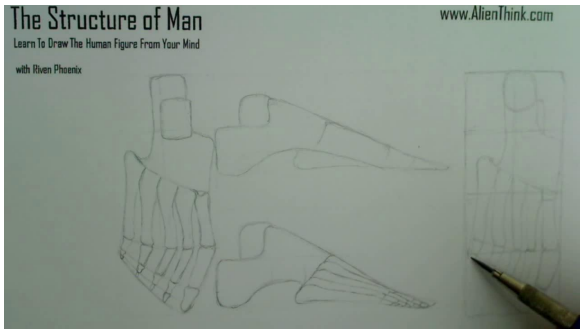
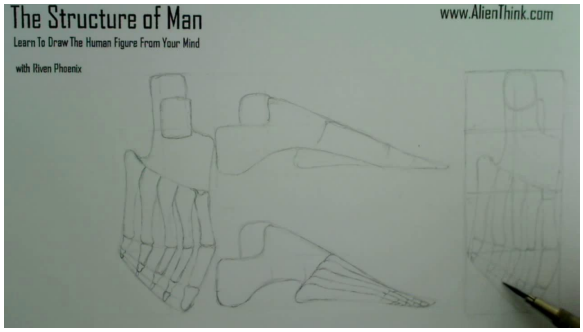
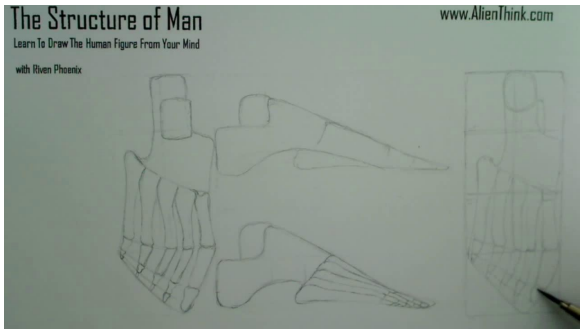
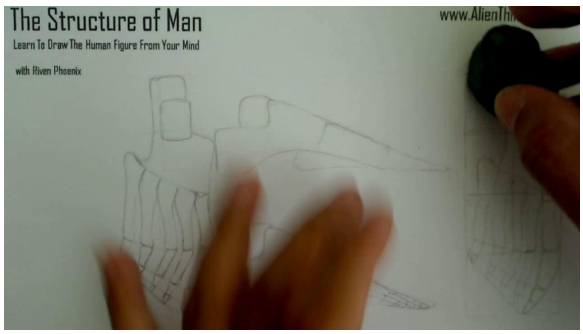
45		Right, so you're going to just get over here another bone over here.
46		And all one over here just like this, right.
47		And sort of this bone is actually going to be much more bigger because there's only two bones over here.
48		Okay, so here we can just quickly erase this over here.

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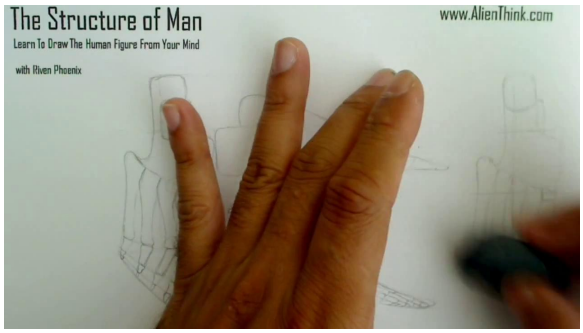
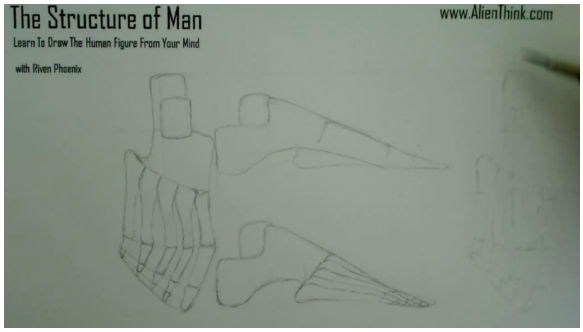
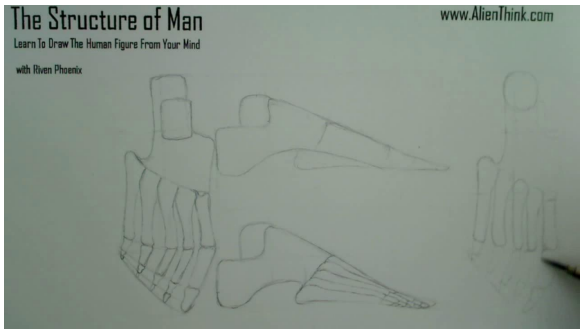
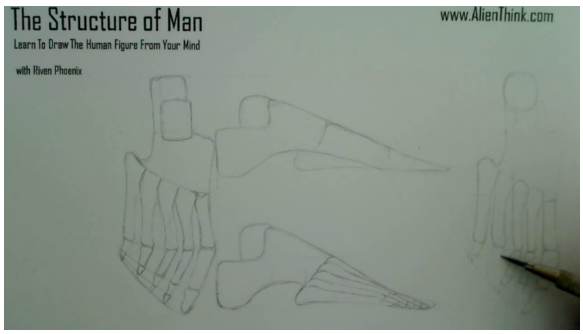
49		Like so.
50		So here we're just saying that this is the heel of the foot.
51		And if here we can just simply make them, make them very simple bone structures over here.
52		Like this over here.

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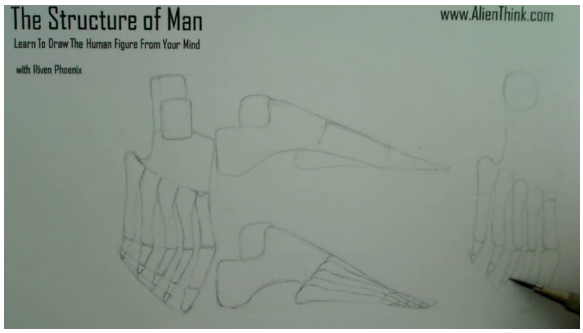
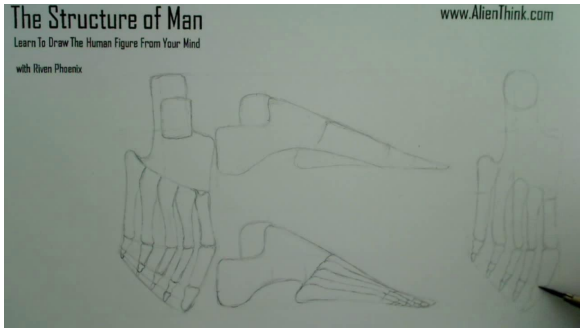
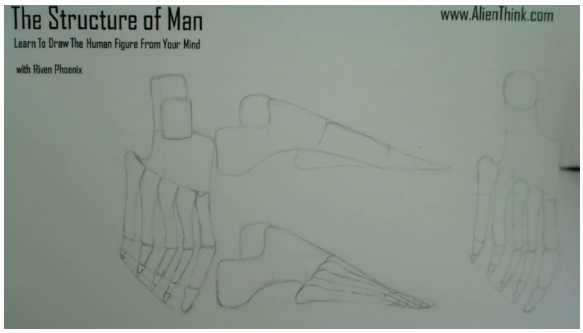
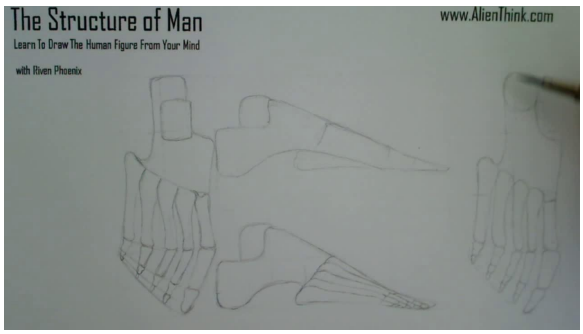
53		Again, these just become more and more pointy like this.
54		Okay, and this one is just going to be a much more bigger version of that bone.
55		And I'm just going to do this right. So what happens here is that we don't have to get into all the small bones that are broken up inside.
56		There's really no need to do that.

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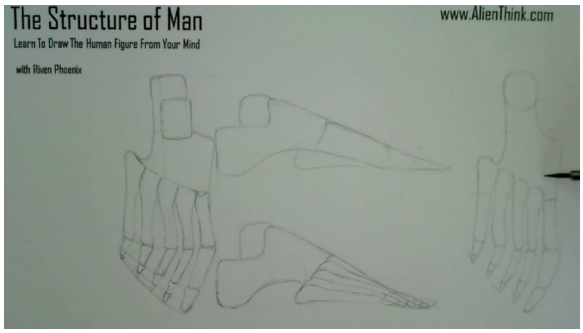
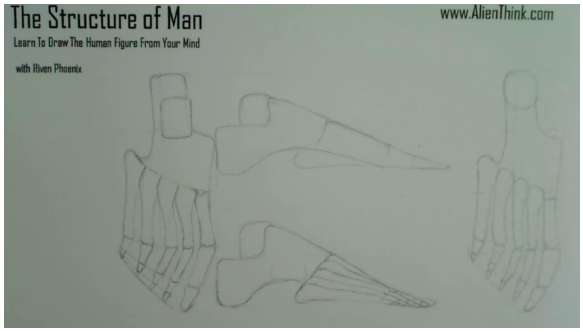
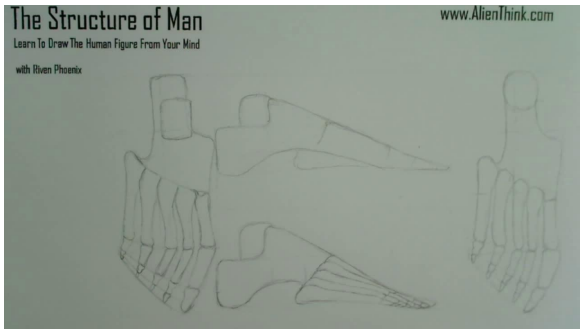
57		We just need to understand the muscles and those really don't play any major role.
58		So the muscle that we want to talk about is there.
59		Now we want to just link the foot in our memory mapping system to another muscle.
60		And what's going to happen is you see where there's four three is over here.

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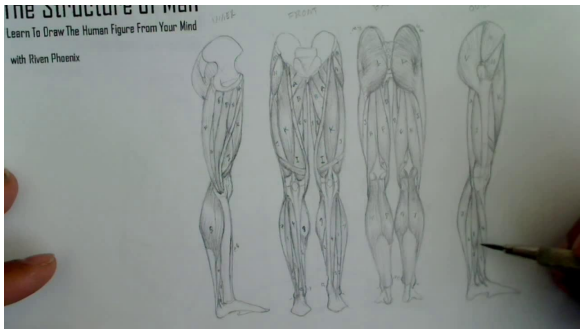
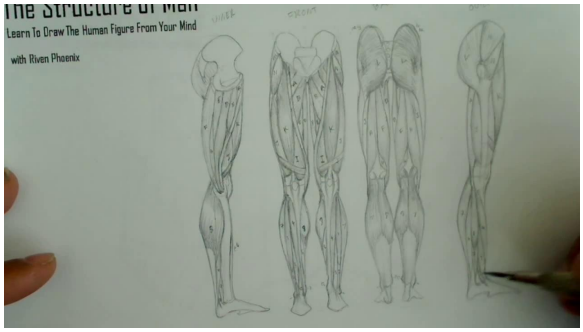
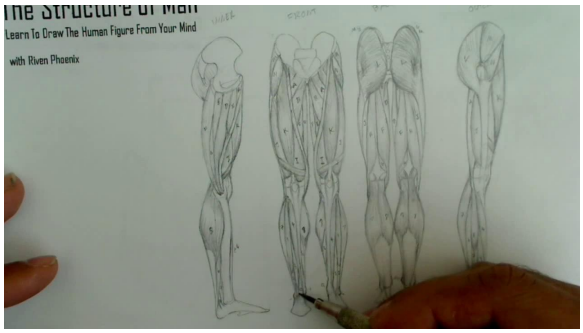
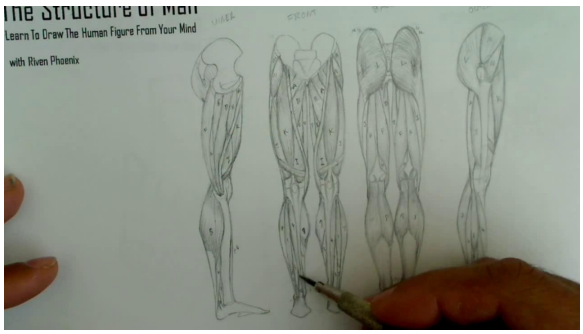
61		We said there was three and four and on the side we can see five.
62		So what's going to happen is that from the front, you see I, I deliberately left this here.
63		This is going to be muscle 12.
64		So just know from four and three there's going to be this muscle here that's going to be called 12.

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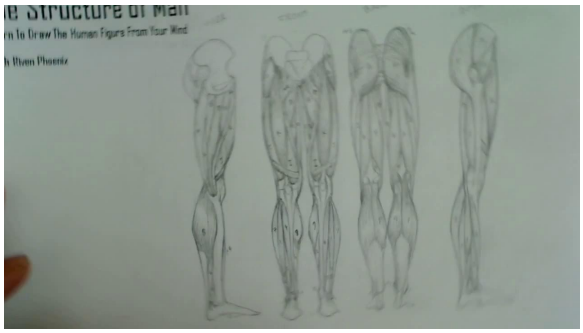
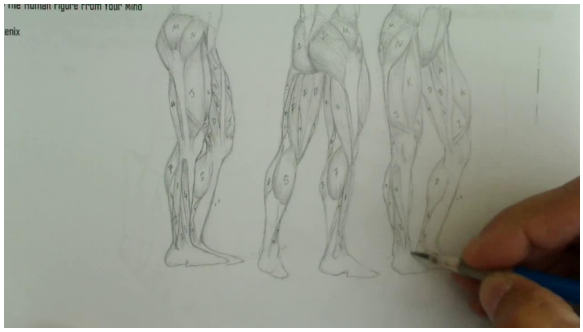
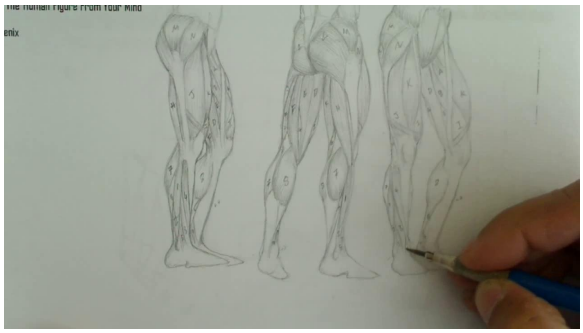
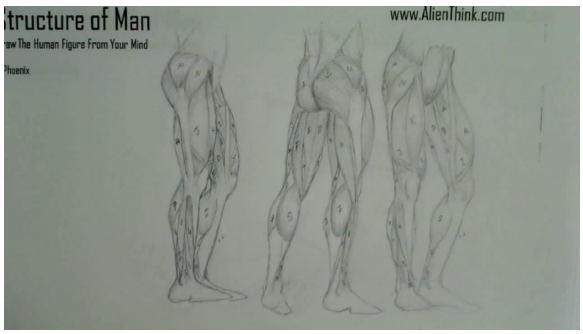
65		Okay, so in our original drawings that we did over here, you can see that we left a very little bit of space over here.
66		And this is muscle 12.
67		Okay, so what is the function of muscle 12 and why do we leave it out?
68		It's because this is where we need to now start to understand.

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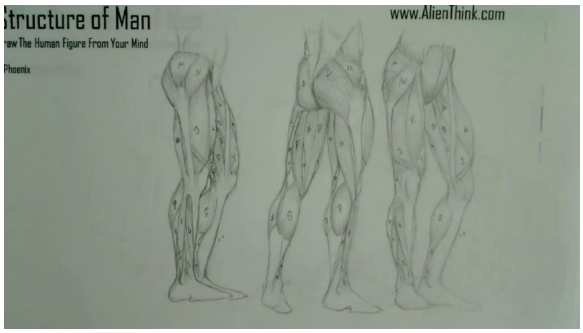
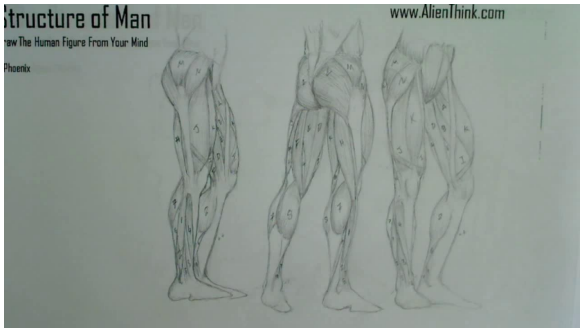
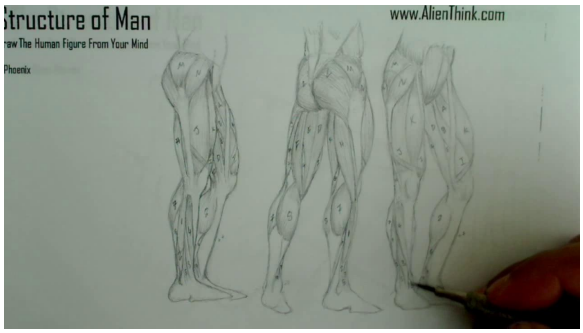
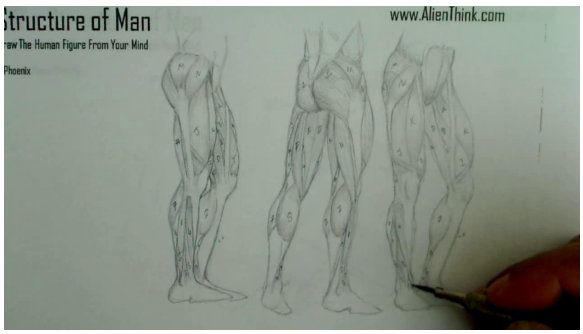
69		We're going to begin to understand the muscles of the foot, which are pretty simple to understand.
70		But what happens is that it's really muscle 12 that's going to be connecting to the toe, right?
71		So what happens with four is four is just going to end up on the side.
72		So just know that for your reference that now we know the okay.

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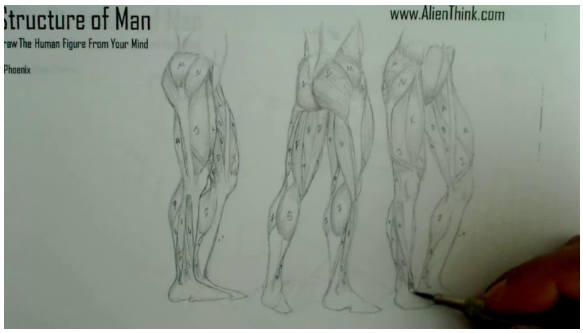
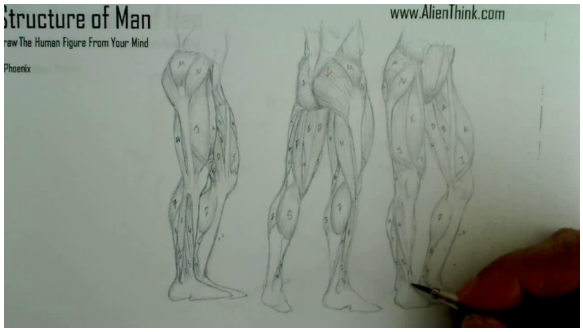
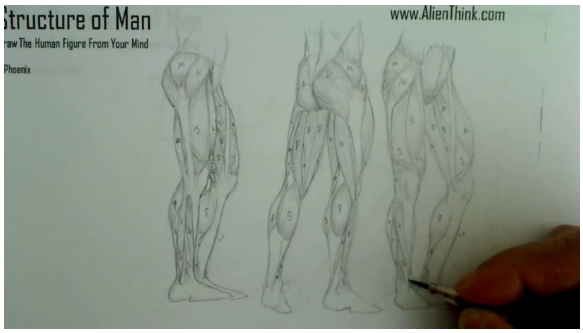
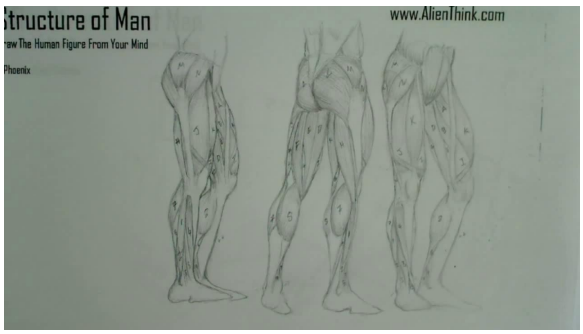
73		So those muscles are going to now come in and that's going to be muscle 12 over here.
74		That's hard to write this stuff in here, right?
75		So now we know of the last muscle over here, which is muscle 12.
76		Okay, so in the next lesson what we're going to do is now we're just beginning to understand what's going on with these muscles.

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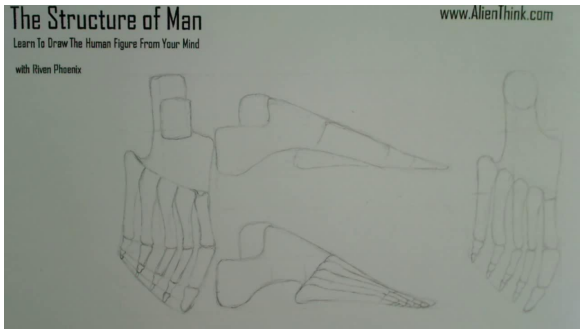
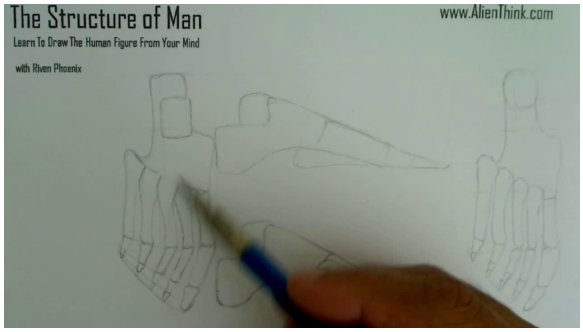
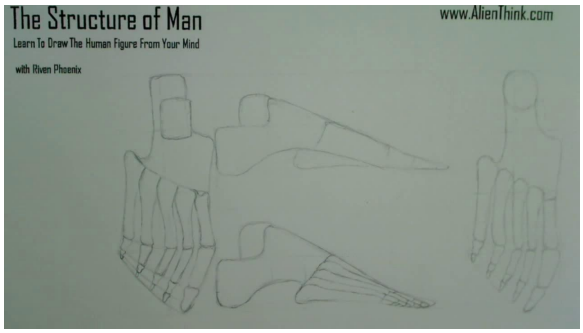
77		And this is where we're beginning to grasp these concepts as to the pulley system and where 12 is, right?
78		So I'll see you in the next lesson.
79		Thanks.

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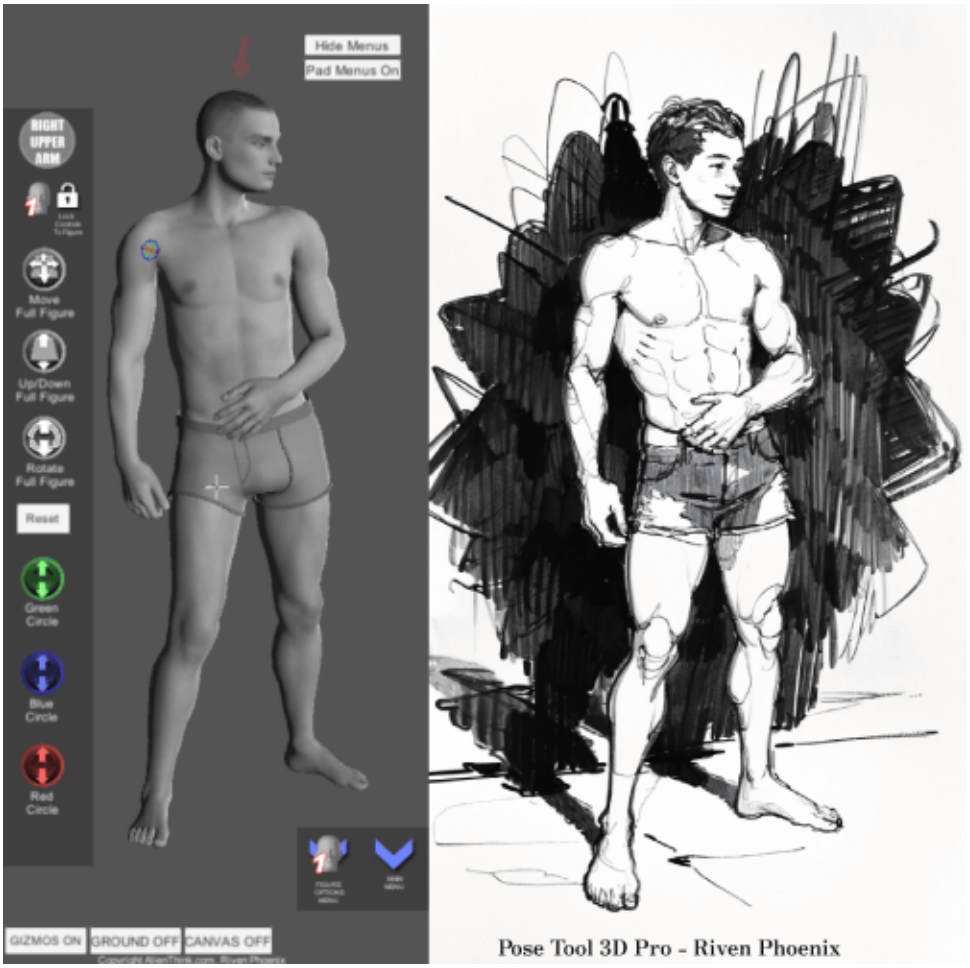

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